



ELMER THE SAFETY ELEPHANT was a big hit with the youngsters at the Elk Point FCSS Information Night last Tuesday at the Elks Hall, handing out jumbo-sized hugs along with safety tips.

■ Up Front

Town Council examines playgrounds' potential

Elk Point Town Council took a first-hand look at local public playgrounds on Thursday afternoon, checking out the condition of playground equipment in preparation for decisions on the future of the sites.

At their September 9 meeting Council decided that they should see what was safe and what was not, prior to budgeting for new equipment. Councillor Parrish Tung urged Council to "either make an effort [to keep the sites in safe and usable condition] or take them out." Councillor Dwayne Vogel lives in the north end neighborhood which has a community-built park which is maintained by a work bee once a year. He noted an occasional problem with slivers from the wood structures, but said the site is in good condition despite

the creators "never having access to playground quality equipment."

Elk Point Elks Lodge Exalted Ruler Albert Boratynec joined Council for a look at the Elks Playground, and a trio of parents also went along to help check out the condition of the equipment.

(Continued on Page 2)

THIS HORSE HAS GONE ITS LAST MILE was the consensus of opinion when Elk Point Town Council met with Elks Lodge leader Albert Boratynec to check out the equipment in the Elks Playground. Left to right: Mayor Lyle Frisby, Boratynec, and Town Councillors Dwayne Vogel and Bernice Capjack-Hugo.



Everyone and their elephant attends Information Night

A total of 38 community groups, agencies and service providers profiled their programs and activities at Elk Point's annual Information Night last Tuesday. The Elks Hall was packed to the doors with Elk Point and district residents of all ages, who were able to register for minor hockey or a Further Ed course, find out how to join the Elks Lodge or a church youth group, learn about electrical safety or how to become a foster parent, pick up a tourist guide or two, AND meet a cheerful and cuddly elephant, all in one location.

Elmer the Safety Elephant was this year's special guest, and was surrounded by an admiring throng of youngsters throughout his visit. He brought along a variety of safety-related stickers and games, to remind the kids to stay safe all year round.

Information on everything from quitting smoking to dealing with farm stress, finding a day home for preschoolers to taking a hike down the Iron Horse Trail, was available to viewers who also admired the handsome Red Cross quilts, checked out the latest arrivals on the library shelves and enjoyed a cup of coffee and a doughnut courtesy of the FCSS, who organized the well-attended event.

Most of the displays also offered the opportunity to enter draws, and viewers left with everything from a fruit basket to a remote controlled toy, with one lucky entrant even taking home their own small version of Elmer.

Isley to speak at Chamber meeting

Date changed to Sept. 24

Please note that the next regular meeting of the Elk Point and District Chamber of Commerce has been postponed from this Wednesday to Tuesday, September 24 at 6:30 p.m. at the Empress Restaurant.

At that time, the Chamber is pleased to host keynote speaker Ernie Isley, Chairman of the Lakeland Regional Health Authority board of directors. Mr. Isley will bring the Chamber up to date on exactly what is happening in the health authority and what we can expect to happen in the near future. A question-and-answer session will follow.

Seating for this meeting will be limited, so please arrive as early as possible. A small admission fee will be charged.

community NEWS

Community rallies in wake of Seniors' Centre fire

Since Monday, September 8, when the Elk Point Seniors' Recreation Centre was extensively damaged by fire, the community has rallied around the Pioneer Circle with offers of assistance.

"So many people have been so involved," says Pioneer Circle president Margaret Modin. The Centre's custodian Sherry Young called 911 just before noon that day and reported smoke in the billiard room at the north end of the centre. "Sherry acted very quickly and the fire department responded almost instantly." Quick action also came from Victor Stepa at Elk Point Insurance, who "had the

wheels turning on Monday, and had an inspector here on Tuesday."

Both the Elk Point Baptist Church and Elk Point United Church offered facilities for storage, and several truckloads of files have been tucked away in the FCSS Office basement, thanks to firefighters Lyle Frisby, Ken Palamarek, Jay McNeill and Pat Demers, who helped to rescue the files from the building. They also removed all the plaques, paintings and memorabilia from the hall and large conference room, and Mrs. Modin said she heaved a sigh of relief when she found the Alberta Senior Citizens Sports and Recreation

Association's (ASCSRA) huge challenge plaque was safe.

While repairs to the building will take an estimated five to six months, Mrs. Modin is "much encouraged" since she saw the condition of items rescued from the building. "We may even be able to save the pool table. It was covered with plastic, and although there was water sitting on it, the slate is undamaged. The shuffleboard was unscathed, and can be cleaned up... many things can be."

There was "a minimum of damage in the conference room and the big room, we will be able to save lots," she added. "All the kitchen equip-

ment and furniture will be taken to Edmonton for cleaning and storage, and it's comforting to know it will be in safekeeping." While the Centre is undergoing repairs, the seniors are looking for a temporary home. "If we can get a facility, we will keep on with [all our programs] but the rentals," Mrs. Modin said. "We hope to get things going as soon as we can. As much as possible, we will keep things going." The Elk Point Elementary School gym has already been booked for the ASCSRA banquet later this month and the Pioneer Circle's annual Christmas party.

Council surveys the town's playgrounds

(Continued from Front Page)

With the Alberta Urban Municipalities Association convention coming up this week, Council went over a

variety of the topics which will be discussed, from SuperNet to gas franchise agreements. They discussed the pros and cons of energy

audits, and decided the water treatment plant might benefit from an audit of this sort.

Council will be represented at a September

25 meeting with the County of St. Paul regarding the 2004 Provincial Agriculture Service Board Tour.

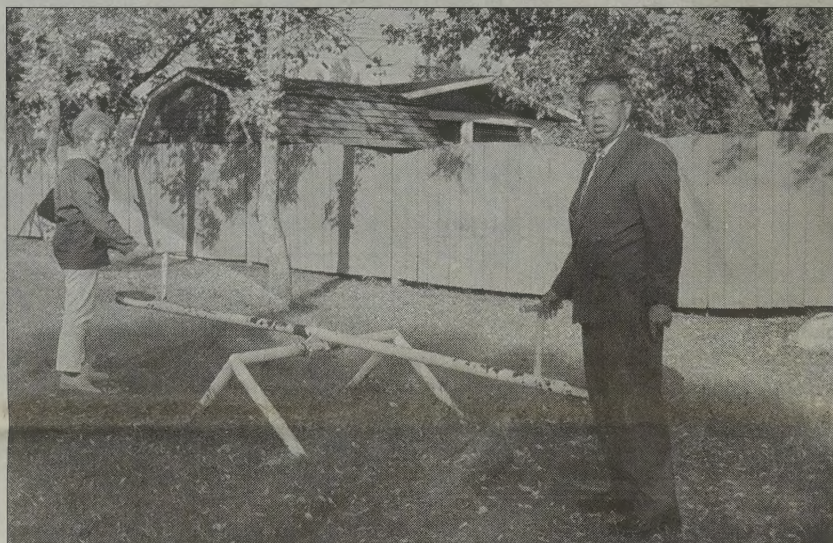
A workshop on the Alberta Injury Control Strategy is slated for October 3 in St. Paul, with Public Works manager Ron Fraess recommended to attend if possible.

Council agreed to a request from the Public Works committee to purchase a self-feeding power snake with an attachment capable of cutting tree roots, to

better enable them to clear plugged sewer lines.

Approval was given to pay expenses incurred in repairs to Ravine Drive, spraying of toad flax on the former railway line and in the recently annexed area, and the Phase 2 upgrade at the water treatment plant/.

Mayor Lyle Frisby proclaimed October 6 to 12 as Fire Prevention Week and October 14 to 20 as Canada's Citizenship Week in Elk Point.



TOO TOTTERY TO TEETER was the verdict on this teeter-totter, checked out by councillors Bernice Capjack-Hugo and Parrish Tung. Teeter-totters are no longer allowed in playgrounds because of safety issues.

More students choose area schools

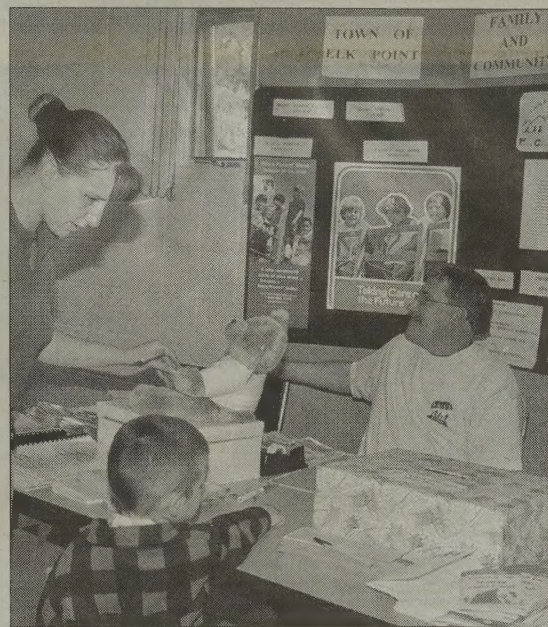
By Todd MacKay
St. Paul Journal

It's hard to measure success in education, but the school board has found one good indicator. There are 138 more students in the St. Paul Education Regional Division than projected, according to figures presented at the school board meeting last Wednesday.

Glen Avon enrollment saw the largest rise in the division, with 38 more students, but Racette also rose by 33, followed by Ashmont Secondary at 34, and Heinsburg at 17.

Superintendent of schools Doug Yeo congratulated teachers, principals and board trustees at the board meeting for building a system more parents and students want to be a part of.

Normally numbers decline as the year progresses so Yeo expects the population may fall by as many as 90 or 100.



FCSS BOARD MEMBER John Kulig manned the FCSS table at Information Night last Tuesday, and encouraged everyone to enter the draws.

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ALBERTA CANCER FOUNDATION

community NEWS

Elk Point Parent Nursery needs your help to survive!

By Lynn Berg

Elk Point Parent Nursery

Elk Point Parent Nursery has been around for over 20 years and is now in danger of closing down due to lack of interest and poor membership. Parent Nursery is a non-profit group whose purpose is to provide an environment where moms and dads (or

other caregivers) with newborns, toddlers and preschoolers up to age 5 can socialize with each other through playtime. It also gives the adults an opportunity to meet other families within the community and discuss mutual child development. Parent Nursery is an especially good place for parents new to the community to meet other parents with same age children. It's also a great place to go to get

out of the house during those long winter months!

Parent Nursery meets once a week from the end of September until June in the United Church Hall from 10:00 a.m. until noon. We offer a semi-structured program that includes snacks, crafts, story-time and room to play! The family fee is only \$35 for the year of \$3.00 for a drop-in. Pretty cheap entertainment if you ask me!

Attending Parent Nursery has great advantages for young children, such as teaching them how to play together cooperatively, promoting sharing with others, teaching them how to listen in a group environment, helping them do organized activities in a group, and meeting the same age children before they attend school. In the years that I have attended Parent Nursery, I have noticed that most

of the children really enjoy themselves once they get to know some of the other kids.

Last year, Parent Nursery's membership was fairly low compared to other years. There were only about 10 regular members and several drop-in families. This year it is looking like about half the members will not be returning. Many families have stopped attending because their children are attending school now, because they have moved out of the Elk Point area, or because of work-related issues. There is a very good possibility Parent Nursery will close its doors if there is not renewed interest in the group and a membership increase.

If you are at all interested in finding out

more about Parent Nursery, are planning to attend this year or drop in, or have new ideas or suggestions, please come to our **Annual General Meeting** in the United Church Hall on **Monday, September 23 at 7:00 p.m.**

Parent Nursery's future depends on it! Bring a friend!

For more information, please contact Lynn at 724-3442 or Lynda at 724-0004.

Buckle up or fill out your donor card

That is the message the RCMP and the Lakeland Regional Health Authority's Injury Control Project is sending the motoring public. Seatbelts save lives. It is simple. Seatbelts reduce your risk of fatal injury by 45%. That means it increases your chance of survival by over 50%. Your life is worth it!

Motor vehicle collisions in Alberta are killing too many people. Between the beginning of January 2002 and September 6, 2002 in the Lakeland Health Region, 23 people have died as a result of a motor vehicle collision. In the three previous years, 68 have died. The trend is heading in the wrong direction this year.

Society has to deal with the burden of fatal traffic collisions. If you fill out your donor card, you at least may have a chance of helping someone else. This may give your friends and family some comfort. Be sure to discuss it with them.

Motor vehicle collisions can be prevented. The RCMP and LRHA remind you to drive safely, to buckle up, and if you drink, don't drive. Too many of our fathers, mothers, sisters, brothers and best friends are dying needlessly on our roadways.

Be prepared. Over the next few weeks, the RCMP and LRHA plan to make our roads safer for everyone.

The fine for failing to wear a seatbelt has risen to \$69.

Sgt. George Harper of the RCMP NAD Traffic Services says, "to buckle up, or not to buckle up, there is only one answer to this question. Do it."

What's holding you back?



THERE'S NOTHING LIKE A GOOD BREAKFAST to promote learning, and the Elk Point Co-op was happy to host a Back-to-School pancake breakfast for the students and staff of F. G. Miller High School on Friday, September 6. Here, Bryan Vanwyck and manager Dwayne Odgaard are all set to fill up another heaping plate for a hungry student.

Elk Point Ukrainian Dance Club COME & TRY IT!

Free Lessons Sept. 24 & Oct. 1/02

OCTOBER 8, 2002

Registration Night at 6:00 pm

General Meeting at 7:30 pm

In Elk Point Elementary School Gym

1st Day of Dancing Sept. 24, 3:30 pm

For more info. call Wanda 645-5323

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Travel at Fur Forts
Early Travelers
Steam Boats on Saskatchewan
Trails in St. Paul area
Early pioneers and travel
How the railway changed local towns
Trails and space travel

Sunday, September 29

in Heinsburg, Alberta

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and train station

Tours from 11:30 am to 12:30

BBQ lunch 12:00 to 1:00 - \$5.00

Speakers 12:30 to 2:00

Anyone willing to speak may add
their knowledge of local trails and travel

Please contact Marge 943-2700 or Marvin 724-2061

Sponsored by Elk Point Historical Society,
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Making Medicare Better

Come and share your
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Official Opposition
about how we can make
Medicare better in Alberta.

Official Opposition Leader **Ken Nicol** and Health Critic **Kevin Taft**

WILL PRESENT THEIR VIEWS AND WANT TO HEAR YOURS.

Date: Tuesday, September 24, 2002

Time: 7:30 pm

Place: St. Paul Regional High School

Fine Arts Theatre

REFRESHMENTS WILL BE SERVED

Copies of the Official Opposition Discussion Paper
"Making Medicare Better" can be obtained from our
website at: www.altaliberals.ab.ca or phone us toll free
at 310-0000 and ask the operator to connect you to
the Official Opposition.

review VIEWPOINTS



We miss it already

You've heard the old story: you don't miss the water until the well has gone dry. It's like that with the Elk Point Seniors' Recreation Centre: we had no idea how much we all relied upon that facility until it was no longer available for our use, for meetings, gatherings, sports and recreation of all kinds.

It's not only the senior citizens in our community who have enjoyed this facility throughout its decade of existence. A typical week would see adults from a wide surrounding area packing the hall on Monday night for bingo, an Interagency Health Committee meeting on Tuesday, followed by the afternoon bingo, an oil company safety meeting on Wednesday followed by a seniors' dance on Wednesday night, a floor curling bonspiel on Friday, someone's wedding reception on Saturday and a church service on Sunday. In between there would be card games and billiards and other meetings galore, with perhaps an election forum or an oil company open house thrown in for good measure.

Within hours of last Monday's devastating fire, community groups were wringing their hands. "But where will we hold our...." meeting/activity/social? they asked themselves. Some, like the Friends of the Forts, were able to relocate an upcoming Fur Trade Ball to the Elks Hall, and the Elementary School made their gymnasium available for the Alberta Senior Citizens Sports and Recreation Association banquet. Others who had planned to use the facility were busy phoning around to find a suitable space to fit their needs, and may, in fact, still be looking. It isn't easy to find the variety of facilities that the Seniors' Centre encompassed - a large hall, and large and small meeting rooms, and all of it wheelchair and handicapped accessible.

The seniors are very grateful to have been offered the use of several other locations that would be suitable for many of their activities, which means that many of their programs will be able to continue while their building is repaired. What they may well miss the most will be the ability to rent their facilities to other groups, and thus bring in revenue to finance their activities. This lack of revenue, added to the expenses sure to occur over and above those covered by the insurance, are almost sure to burden the seniors financially, adding to the multiple stresses caused by the fire itself.

Still, the situation could certainly have been worse, if not for the fast action of the custodian, the fire department and the other volunteers who responded to the emergency. Thanks to all those who helped during the emergency, and those who have helped set the seniors' minds at rest since that time. God willing, repairs will proceed swiftly and we will all once again be enjoying the facilities of the Seniors' Recreation Centre before too long.

Take the DASH to better blood pressure

You may be thinking of a dash as a short race. Of course, physical activity is important to all of us for maintaining health. In this instance, 'dash' refers to a new dietary way to help beat high blood pressure. Research shows an eating plan called Dietary Approaches to Stop Hypertension, or DASH, may help reduce the risk of high blood pressure.

High blood pressure, or hypertension, is one of the leading causes of stroke, heart disease, kidney failure and premature death in this country. Yet one third of Canadians who have it, don't know it - which is why hypertension is called the "silent killer." The only way to find out if you have high blood pressure is through regular monitoring. See your doctor to help you get started.

In a large study funded by the National Heart, Lung and Blood Institute (NHLBI), the DASH eating plan was shown to be the most effective among plans for lowering blood pressure that were

tested. Participants eating three servings of low-fat dairy foods combined with a low-fat diet high in vegetables and fruits experienced a greater reduction in blood pressure than did those who ate a diet high in vegetables and fruits alone.



Linda
FOX

Registered Dietitian

DASH is a plan that adds foods to your diet rather than taking them away. It's not restrictive and it doesn't require special foods or special instructions. Look no further than your local grocery store for the ingredients for the DASH eating plan.

What exactly is DASH? It's close to Canada's Food Guide to Healthy Eating. The main difference is that, instead of eating the minimum recommended daily servings of vegetables, fruits and milk prod-

ucts, you go for the higher end of recommended daily servings. A moderate fat intake is also recommended.

Basic DASH recommendations include:

- Eat at least 3 servings of low fat dairy products every day
- Eat at least 4 to 5 servings of vegetables every day
- Eat at least 4 to 5 servings of fruit every day
- Limit the amount of fat you eat

Together with the DASH diet, these lifestyle tips help to control your high blood pressure:

- Stop smoking
- Limit alcohol intake
- Lose weight if overweight
- Increase physical activity
- Limit sodium (salt)
- Follow your physician's advice

The DASH eating plan was designed for those with high blood pressure, but is also a heart healthy plan you can share with your family. For a copy of the DASH eating plan for more information, contact Linda Fox, RD at the Elk Point Health Centre.



Here
comes
Autumn!



Mourning the loss of a home

What the seniors never wanted to see happen did take place on Monday, September 9, 2002. A fire damaged the building.

To many seniors in our community of Elk Point, the "Seniors' Centre" had truly become their second home. After all, they had gathered there to take part in many fun, community and learning activities. The building represented their feelings of friendship and love they had developed over the years toward one another. Thus it is easy to understand the feelings of bereavement. Something has been taken away from our seniors and many seniors are mourning the loss of their second home.

As with any home there are neighbors. The neighbors to the Seniors' Centre are our community of Elk Point. There are many good neighbors, as the seniors learned. It is noted that it took only seven minutes after the call was made to 911, to have the volunteer fire department people arrive on the scene. They acted very professionally and did what they knew had to be done. Some of the men had to enter the burning

building and turn off what had to be turned off. They



deanna
EASTHOPE
from the FCSS desk

were brave and they did what they had to do. Then they carried on with what they had to do in trying to put out the fire. They were fire fighters. A big thank you goes out to our volunteer fire department.

There were other neighbors who came on the scene to help in any way. The RCMP and Town Council were also there as well. Thank you, everyone.

It has been a few days since September 9, the seniors are regrouping and they are looking for another place to meet for awhile. The Seniors Centre is estimated to be repaired in possibly 5 or 6 months.

The plus side of all this is, that no lives were lost. The seniors still have each other and they still have their neighbors. The memories of what took place in the

Seniors' Centre before September 9 will be remembered and the beautiful part of all of this is that because no lives were lost, the seniors can still gather together. The home you once knew just needs some time to get fixed and be made well again. So until that happens, remember each other and gather together in a temporary location.

In the ancient Bible story, King Solomon had a dream wherein he was offered any gift he desired. He could have asked for a long life, power over his enemies, or vast riches. Instead, he wanted an "understanding heart." The king seemed to know that real strength is a product of heartfelt compassion. Words need not be spoken. It's conveyed through a thoughtful smile, a heartfelt look, a listening ear, and a warm touch.

So to all the seniors who felt the Seniors' Centre was your second home, please accept from your neighbors - the community of Elk Point - our heartfelt compassion at this time in the loss of your second home. We hope your home has a speedy recovery.

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community NEWS

All systems go - Muni-Corr gets county's approval

By Michelle Huley
St. Paul Journal

A regional multi-use trail is a step closer to becoming reality as the Muni-Corr can begin developing the recreational system.

County of St Paul Council approved the development application following a public hearing on the issue last week. About six people came to the hearing to listen or speak to the issue, zoned direct control under the county's land use bylaw.

"We've been through a lot," said county resident Marvin Bjornstad of the lengthy legal and public hearing the Muni-Corr has undergone in the past three years. He said he has been involved with the Iron Horse trail, which runs from Elk Point to Heinsburg. "I've been on parts of that trail and talked to a number of the adjacent landowners, and received no complaints."

"We're trying to do everything we can," he said in regards to working with adjacent landowners. "We've done three to four times as much work off the trail (as on it). We have a huge job ahead of us, but still, it's coming together quite well."

"There's a lot of people out there who want to see it go ahead."

Not all residents who appeared at the hearing were in favour of the development, however. Adjacent landowner Charonne Regan questioned the process by which the trail system has been approved.

"What is transpiring here?" she asked of the direct control requirement.

Reeve Robert Bouchard, who stepped down from chairing the meeting due to his position as president of the Muni-Corr board, explained. He said because the issue has been controversial in the public eye, council amended the land use bylaw to have direct control over it and ensure the process is as public as possible.

According to the provincial Municipal Government Act, a public hearing is required before any amendments can be made to the land use bylaw. About 20 people appeared at a February public hearing on the change to direct control before council approved the amendment. Without direct control, the development could otherwise have been approved by

the county's development officer, providing it met all requirements of the land use bylaw. No advertisement or public hearing would have been required.

Regan disagreed, however.

"We've eliminated any legal option for people," she said.

Normal procedure would allow anybody opposed to a development approved by the municipal development officer to go to the county's development appeal board, and beyond that, to the Court of Queen's Bench.

"Because there was controversy, council decided it needed direct control?"

Bouchard explained through this process, a public hearing is required.

"I'm not sure if this is apathy, a lack of interest or a lack of understanding," Regan said of the few people at the hearing. "Why now when the farmers, who are really the ones interested in this, are harvesting?"

County resident Bob Cheshire asked for further information regarding the allowable

uses of the system. "Although I favour a trail system, I worry this is a permit to go out and do whatever."

"There's already regulations in place users must comply with," Bouchard said of municipal Off Highway Vehicle bylaws and provincial legislation also regulating use of the machines.

"This is an organized trail system with regulations," he said, adding the management of the trail system and such regulations were one of the most loudly voiced concerns raised by the public during the past three years the issue has been discussed.

"We heard it needed to be a managed trail system, that if Muni-Corr decided to develop anything, it has to be a managed, multi-use trail system," Bouchard said. "It's not going to be perfect. There's jerks out there. But we're going to give it our best shot."

Regan argued the concerns voiced over the past three years never included agricultural producers.

(Continued on Page 7)



WE'VE COME A LONG WAY - Sheila Thompson of the Iron Horse Trail group and Riverland Recreational Trail Society showed off the spiffy new Iron Horse Trail display to Norm Brown at Elk Point's Information Night. The first step toward saving the abandoned railway line west of Elk Point as a recreational trail came at a meeting held at Brown's home some years ago. The name, Iron Horse Trail, originally referred to only the original portion of trail from Heinsburg to Elk Point, but now has been extended to the full 200-km length of the trail which will link communities across northeast Alberta.

Your input is important

Alberta's Residential Tenancies Act - which sets out the rights and responsibilities for most tenants and landlords - is currently under review. The Mobile Home Sites Tenancies Act - which applies to mobile-home owners who rent a pad or site on which to keep their homes - is also being examined.

What you can do

Alberta Government Services wants to know what changes are needed to make these essential pieces of consumer legislation work better for both landlords and tenants. We have designed a discussion paper in the form of a questionnaire to gather your opinion on the following:

- Possible changes to the legislation that governs Alberta's landlords and tenants
- Better ways to deliver landlord and tenant services
- The availability of information on landlord and tenant rights and responsibilities.

How to participate

Copies of the Landlord and Tenant Legislation Discussion Paper are available at:

- Local MLA constituency offices
- Landlord and Tenant Advisory Boards (where available)
- Edmonton and Calgary Apartment Associations
- On-line at www.gov.ab.ca/gs and follow the links to Discussion Papers.
- By mail at:
Landlord and Tenant Discussion Paper
Alberta Government Services, Registries and Consumer Services Division
3rd Floor, Commerce Place
10155 - 102 Street
Edmonton, AB T5J 4L4
- Or by calling 310-0000 toll-free

Please provide your comments by October 18, 2002 to ensure your view is taken into account.

For more information, call Peter Williams at (780) 427-0294 between 8:15 a.m. and 4:30 p.m. Monday - Friday. Outside the Edmonton area, call 310-0000 toll-free.

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LICA Water Study Update

Regional Environmental Water Monitoring Committee Meeting

Thurs., Sept. 19, 2002 • 9:30 to Noon
LICA Board Room

5006 - 50 Avenue, Bonnyville

On the Agenda:

1. Update - Komex Water Study
2. Update - Cold Lake / Beaver River Water Management Plan Review
3. Presentation - Muriel Lake Basin Society

EVERYONE WELCOME!

Questions? Please contact
LICA at 780-812-2182

If you are interested in development issues, you may also wish to hear presentations by Husky Oil Operations and EnCana at the New Development Committee meeting

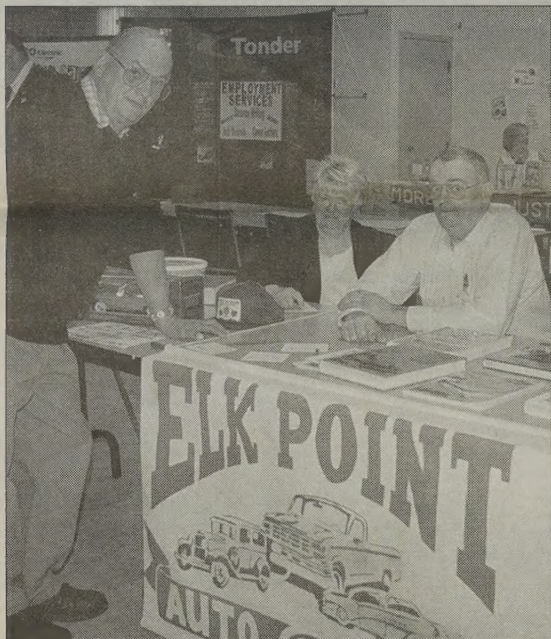
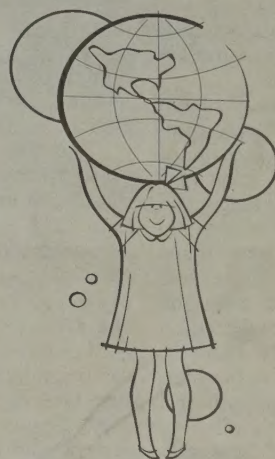
Wed., Sept 18, 7:00 - 9:00 p.m.
in the LICA Board Room

community NEWS



Grade 2 learns about their world

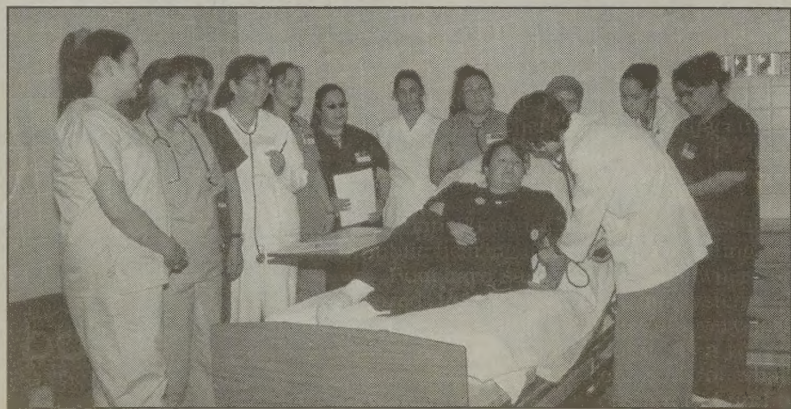
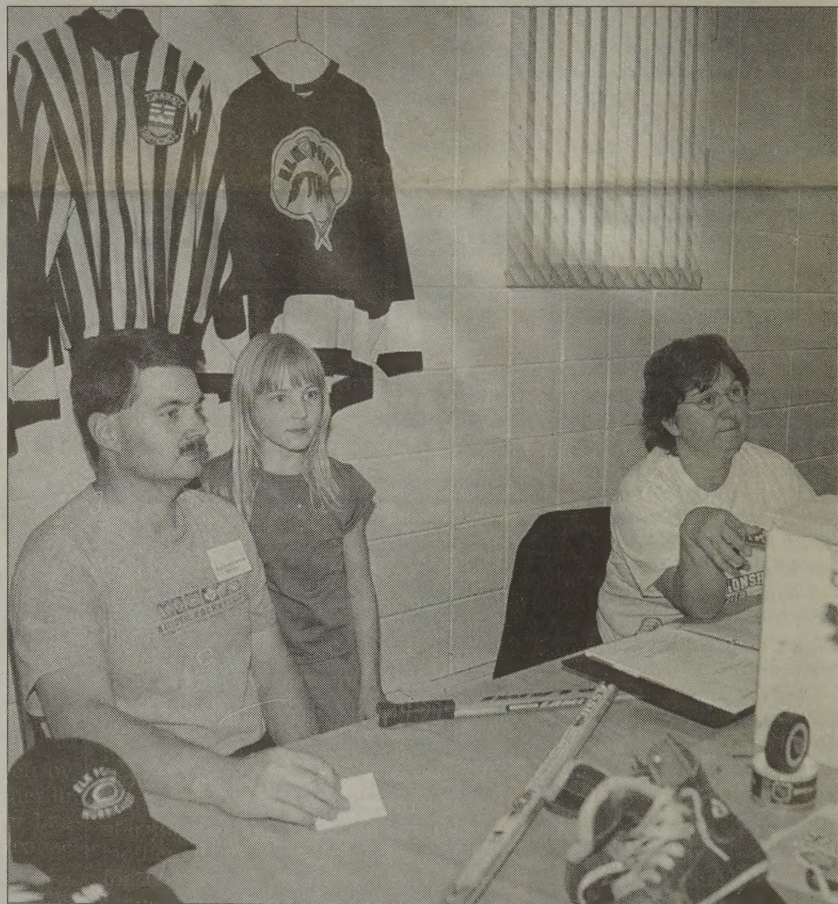
Elk Point Elementary School's Grade 2 classes stopped by the Elk Point Review office last Thursday as they were touring the downtown business district as part of a unit on getting to know their community. The students were finding out which businesses they would have to visit to obtain the necessities of life.



Fall sign-up time

Geoff Bishop, with a little help from daughter Leigha, and Isabel Myshaniuk manned the Elk Point Minor Hockey table (right) at Information Night, taking registrations for the upcoming season

Ed Smith and Sandy Henderson offered Dennis Jasinsky some information on joining the Elk Point Auto Club (left).



Lakeland College partners with Lakeland RHA

Thirteen Practical Nurse students have been at the Elk Point Health Centre twice a week since the end of August utilizing the facility to gain practical nursing skills in a hospital setting. The students are pictured above during a lab with instructor Jennifer Szucs.

The students are enrolled in the Norquest brokered Practical Nurse program based at the Kehewin Cree Nation. "We're very grateful that the Lakeland RHA and Elk Point Health Centre allowed us to do this training at this facility. It's very beneficial for our students," said Alice Wainwright-Stewart, Dean of Lakeland College's School of Health and Human Services. The students will be at the Health Centre until the end of June.



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New date for bottle drive

Due to unforeseen circumstances, the F. G. Miller High School French Club's fundraising bottle drive, originally planned for last Saturday, has been rescheduled for this coming Saturday, September 21. Please set your bottles on your porch if you won't be home but still wish to donate.

recreation **NEWS****Elk Point Trail Riders Snowmobile Club hosts Second Annual Landowners Appreciation Barbecue**

Submitted by Elk Point Trail Riders

Although the weather earlier in the day looked questionable Mother Nature cooperated with a beautiful afternoon at the Elks Campsite on Kehewin Lake north of Elk Point as the Elk Point Trail Riders played host to 73 landowners and their families for an enjoyable get together and steak barbecue.

The meal which was sponsored by the snowmobile club was enjoyed by all attending. After the meal a presentation was made to outgoing secretary Mike Meyenberg, who has been transferred to Edson, Alberta, followed by the club president's welcome speech, where on behalf of club members he conveyed his gratitude to the landowners for permitting A.S.A. members to use their land.

The evening proceeded with a host

of door prizes that were contributed by area business and individuals. Major prizes included five gas barbecues, donated by T&T Power Sports, Prime Oil Field, Kudu Industries, Corlac and Midfield Supply, which only signed landowners were eligible to win.

The remaining door prizes, which everyone present was eligible to win, were donated by A&J, Wilter Auto, the Brown family, Stanrick Construction, ATB Financial, Riders Connection, Power Merchants, CJ Petroleum and Wozniak Bulk Fuels.

During the evening, stories about the sport of snowmobiling past and present were shared around the fire as kids roasted marshmallows and neighbours chatted while everyone present hoped for lots of snow this winter for both the snowmobiles and the hay fields.



CLUB DIRECTOR Gary Brown presents landowner Hans Rohner with one of the five gas barbecues.



CLUB PRESIDENT Dale Rinas Tends the barbecue with landowner Dwayne Karwash looking on.



SUPPER TIME - landowners enjoyed a steak supper courtesy of the Trail Riders.

Muni-corr gets County approval

(Continued from Page 5)

"All these groups that have come together, all these years, the farmers never were included, never invited as a group," she said. "This year the farmers are going to get \$10 an acre in the middle of a drought. All the farmers that live on that line are going to have to police it. The truth is, you're expecting your farmers to police it and to be responsible for it and if you say otherwise, you're lying."

"In the whole process, people have been left by the wayside. There's not one adjacent landowner in this room. You're going to leave us holding the bag and there's a lot of damage in the county because of it."

Council further discussed the issue following the public hearing at its regular meeting.

Bouchard said a lot of landowners are now prepared to support the trail system. "I can hear (Regan), but I think there's a very large majority that are now in favour of it. As a representative of Muni-Corr, I'm very conscious of what's going on with landowners. There's a lot of umbrella groups out there that will be responsible for the trail, for the litter."

"I want to assure this council, Muni-Corr holds the permits and will lease to the umbrella groups, but Muni-Corr holds the permits and (the umbrella groups) can be shut down."

"Nobody in my area is really upset," coun. Don Mudryk said.

Sharil Baumgardner agreed. "I had two calls last year. One called back since and thanked me, said it was no problem"

Many of the nine other municipalities comprising the Muni-Corr group have either already approved similar development applications or will be considering them in the near future.

■ Last chance to register**On Frozen Pond: it's maintenance time again at A. G. Ross Arena**

Work bee. To be, or not to be? That is the question. O.K., Shakespeare, what is a work bee anyway?

Every year at this time we start to look at the yearly maintenance that is required to keep operating the good old A.G. Ross Arena. The time has come again. Every night from Monday to Thursday for the next two weeks there will be a work bee starting a 7 p.m. Stick on some old clothes, drag yourself off the couch for a few hours and see what it's all about. A little bit of painting, some repairs here and there to the boards, doors and floors and away we go, good to go for another season. So take a little time from your busy schedule to come down and help out. You'll be surprised how much satisfaction you receive in knowing you helped.

And just as a little reminder, for some of you who didn't make it last week, on this coming Thursday Sept-ember the 19th you can still regis-



doug
BASSETT

Review Sports

ter for hockey. Now even though the weather is still way too nice to play hockey, we all know that can change, two weeks from now the plant will be running and a few days later the ice should be in, and the puck drops.

And now it's time for the K.A. Campbell trivia question. Where were you in 1972? Thirty years ago this month Canada and Russia played the very first Summit Series. Everyone thought Canada would win eight games straight. Not so. After seven games, four in Canada and three in Russia, the series was tied. I was in my first year in Sheridan College, standing in the hallway watching it on overhead T. V., so was almost all the school.

Here's a test for the rest of you old enough to remember. Who played in net for Canada in the final game, game # 8 played in Russia, when Henderson scored the winner with only a few seconds left on the clock?

**Elk Point Minor Hockey
Last Registration Day**

Sept. 19 / 02 -- 7:00 to 9:00 pm
A.G. Ross Arena

**After September 20, 2002
Additional Late Registration
Fee -- \$25.00**

Tae Kwon-Do Classes

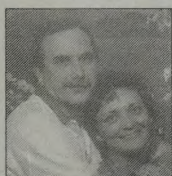
Children Age 8-11, 5:00-6:00 pm
12 to Adults, 6:30 pm - 8:30 pm

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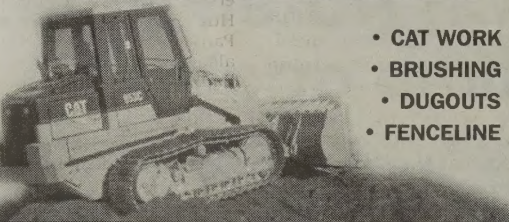
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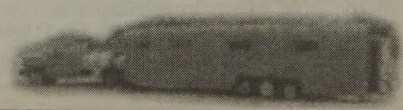
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what's NEWS at the LIBRARY?

Exciting new materials for our youngest readers

By Daphne Schnurer
Librarian

Some of our youngest patrons are off to school for the first time, and are eager to learn to read. We have just the books to help them along, and if your child is beginning to read, this is a wonderful area of our library to check

out. Our collection includes a number of new **Easy-to-Read** books.

Each Easy-to Read book has a color coded reading level to make book selection easy for parents and children. Because all children are unique in their reading development, three levels make it easy to find

the right book to suit each child's reading readiness. Level 1 books have short, simple sentences full of word repetition, plus clear visual clues to help children take the first important steps toward reading. Level 2 has more words and longer sentences for children just beginning

to read on their own. Level 3 has lively, fast-paced text, perfect for children who are reading on their own.

Also new in the children's area are... a new **Arthur** book... cassette storybooks for your child to read along... **Little Miss Spider's ABC** counting book... and **Hooray** for

Wodney Wat, a story that subtly suggests that we all have our secret strengths.

It won't be long before the kids are deciding what to wear for **Halloween**. We have quite a range of Halloween materials, and the newest craft magazines are filled with fall and Halloween

projects. We have some great books on making costumes, decorating pumpkins, face painting, and cookbooks with great fall treats.

Some of those treats are sure to be on hand Tuesday, October 1 at the **Seniors' Tea** - seniors, make sure to mark your calendar and join us for tea!

Crimes down, traffic stats up for first half of 2002

Elk Point RCMP's preliminary statistics for the first half of 2002 show a sizable decrease in assaults and break and enters, but substantial increases in collisions and provincial traffic offenses. Sgt. Lyle Marianchuk told the Elk Point and Area Community Advisory

Policing Committee last week.

Assaults between January 1 and July 1 were down 25%, to nine from 12 for the same period of 2001, while break-and-enters dropping an amazing 82%, from 11 to two. Thefts remained the same, at 13 incidents each year,

while Criminal Code offenses were down 24% from 62 to 47.

Traffic figures were not so impressive, with a 58% increase in collisions, from 12 in 2001 to 19 this year, with one injury collision involving pedestrians, 13 reportable property damage collisions and

five collisions with damage under \$1000. Provincial traffic offenses jumped by 55%, from 108 to 167, while Criminal Code traffic offenses were unchanged.

This was the first meeting for the CAPC after their summer break, and the group welcomed new representatives from F. G. Miller High School. A brief review of the sum-

mer showed a greatly successful STARS Golf Tournament, success with May long weekend patrols of campgrounds, and a relatively uneventful summer except for several incidents of paint vandalism. Sgt. Marianchuk said the persons responsible for graffiti on the Baptist Church and F. G. Miller High

School had been apprehended and charged.

The CAPC briefly reviewed their focus and purpose, and discussed ways to boost attendance, including the possibility of holding evening meetings and/or inviting representatives from the major oil industry companies to attend.

Wining and dining without whining and pining

By Carol Moro

Take Off Pounds Sensibly

Ever notice that when you go out to eat, all your good intentions go out the window? It's definitely a challenge to stay sensible when dining out - but it's not impossible.

If you plan ahead, know what you're up against, and prepare yourself, you'll always be in control. Here are a few basic coping strategies you can use whenever you eat out.

First, plan ahead. Rehearse the coping strategy you will use. it could be something as simple as learning to say no - politely but firmly - when the appetizer tray gets passed around. It might involve being the first one in your party to order so you won't be swayed by the menu selection your dining partners make.

Remember that in any situation, you can pick and choose from a multitude of options. At one extreme is overindulgence, at the other is total abstinence. In between, there are many choices.

Deal with these choices one by one. Even better, think about these choices ahead of time. Decide whether or not to order an appetizer... what to drink... whether or not to order dessert.... how much food to enjoy on the spot vs. taking a portion home.

While you're making those choices, set real-

istic standards for yourself. The perfectionist goes out to a restaurant thinking, "I'll order a bowl of clear soup, a glass of iced tea, and that's it!" The smart diner says, "I really enjoy the baked potatoes they serve here, so I'll allow myself one of those, then pass up dessert to make sure I don't overdo it."

Another strategy to help you eat out without overindulging is to ask others to help you. Ask your dining companions to keep the breadbasket at the other end of the table if that's what it takes to keep you from constantly nibbling. Ask your spouse to stop urging you to order dessert or drinks when you don't really want them. Ask your server to bring your salad dressing on the side, or to leave the heavy sauce off your broiled fish, or whatever you prefer.

Here's a tip you've

probably heard before, but it bears repeating: eat a light snack before you leave the house so you won't be ravenous later on. When you not under the influence of hunger pains, you'll make better choices.

Also, beware of drinking before dining. Alcoholic beverages are often high in calories. In addition, alcohol impairs your judgment and resolve. One good strategy is to drink seltzer before the meal, then enjoy your serving of wine or other beverage as you eat; having food in your stomach lessens the immediate impact of the alcohol.

So you see, it really is possible to enjoy wining and dining without whining and pining. So eat, drink, and yes - be merry!

For a free brochure on this subject, which includes detailed suggestions for smart food choices in restaurant, call 1-800-932-8677.

OBITUARY

THOMSON, Charlie

On September 9, 2002, Mr. Charlie Thomson of Heinsburg passed away at the age of 63 years.

He is survived by his loving wife, Connie; 2 sons & 2 daughters, Chris (Jeanette) of Sherwood Park; Kim (Ken) Potts of Vermilion, Henry (Vicki) of St. Paul and Lily (Gerald) Bolland of Lloydminster; 14 grandchildren, Alexander, Lachlan, Pierce, Calista, Adam, Crystal, Andre, Cody, David, Cassidy, Kelly, Emily, Patrick & Mathew; 3 brothers & 1 sister, Art (Aggie), Hugh (Vicki), Dee (Al) Pankiw & George (Kathie); also numerous nieces & nephews. He was predeceased by his parents, David & Lily & 2 sisters-in-law.

A Funeral Service was held Friday, September 13 at 2:00 p.m. at the Heinsburg Community Hall, Heinsburg. Reverend Jope Langejans officiated with interment in the Frog Lake Community Cemetery, Frog Lake. The family would like to thank Dr. Ramful & the staff at the Elk Point Hospital. If friends desire, donations may be made to the Canadian Cancer Society c/o Box 425 St. Paul, AB T0A 3A0.

Yewchin's Funeral Chapel Ltd., St. Paul, AB. 1-780-645-5177.

CHURCH SERVICES

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Call 724-4194 for more information
or see our Website:
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St. Vladmirs' Ukrainian Orthodox Church, Elk Point
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United Church of Canada
4822 - 50 Ave., Elk Point
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Sunday School 10:30 a.m.
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Mondays: Bible Study 7:30 p.m.
1st Tuesday of the month: 4 p.m.
Mass at Extended Care
Wednesdays: 7 p.m. Mass followed by Holy Hour/Benediction
Confessions: Before and after Mass and upon request

Bethel Lutheran Church of Lea Park
Weekly Services, 10:30 a.m.
Holy Communion 1st and 3rd
Sundays

Bible Fellowship Church Clandonald
Services held every
Sunday at 11:00 a.m.

review

COMMUNITY NEWSLINE

"Mother to Mother" Breastfeeding Support Group - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

Elk Point Parent Nursery - Every Wednesday, 10 a.m. to Noon, Elk Point United Church Hall. Children under 6 and parents welcome. For more info, call Lynda Letwin, 724-0004 or Lynn Berg, 724-3442.

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 5:30 p.m. - 6:30 p.m., FCSS Office, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Recycle Your Paper - Paper trailer is located at the west side of the bottle depot on Railway Ave. We take newspapers, flyers, computer and bond paper. No milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - HOURS: Mon., Tues., Thurs. 1 p.m. - 5 p.m., Wed., noon - 8 p.m., Fri., 10 a.m. - 5 p.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

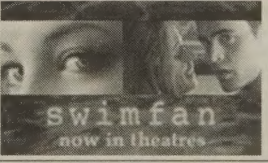
Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption/ Foster Support Krew - meets every second Thursday. For more info call Judi at 724-2118.

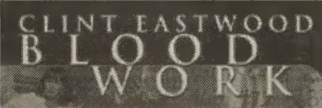
Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

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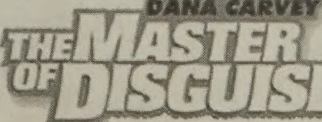
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COMPLETE DISPERSAL Polaris dealership, Sept. 28. 6,800 sq. ft. shop, land, and equipment. New/used sleds, quads, trailers. Large selection of special shop tools. Land and shop subject to owners acceptance after bidding is closed. Information 780-723-4511, Edson, Alberta.

ANTIQUES AND COLLECTIBLES, Sunday, Sept. 29, 10:30 a.m. at Bishop Sales Centre, Viking, Alberta. Court cupboards, wash stands, dressers, glassware, lamps, china, variety of nostalgia items. Contact: Bishop Auction Service, 1-800-486-4677. Website: www.bishopauction.com.

ANTIQUE, COLLECTIBLE, Lamp Auction, Sunday, Sept. 22, 11 a.m., Donalda, Alberta. Glassware, tools, furniture, western native, arrowheads, lots of smalls. Pilgrim Auction, 403-556-8555; www.auction-sales.ca.

LARGE DIVERSIFIED Antique and Collectible Dispersal Auction for Prairie Pride Museum on Sunday, October 6/02 at Lavoy Community Hall commencing at 10 a.m. For full fax sheet, phone Ken's Auction 780-658-2363.

MICHENER ALLEN Auctioneering Ltd. Unreserved Industrial Equipment Auction, Friday, September 27, 9 a.m., Calgary, Alberta, 13090 Barlow Trail N.E. Hi-Lights include: heavy equipment, heavy trucks, trailers and miscellaneous. For further details, consignment information or to receive a full color brochure call 403-226-0405 or 1-877-811-8855 or visit: www.michenerallen.com.

HEALTH AUTHORITY 5 Liquidation of Surplus: Office, laundry, kitchen, and continuing care equipment. Drumheller, 625 Riverside Dr. E, Sunday, October 6, 9 a.m.; www.loyd-sauction.com/. Lloyd's Auction phone/fax 403-854-2481.

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DIESEL TRUCKS. Improve power, economy, chips, kits for Dodge, Ford, Chev. Up to 100 HP 160 lbs. torque extra at rear wheels. Unbelievable responsiveness. DSG 1-800-667-6879.

2 AUTO

WANT TO SELL your 1997 or newer truck, SUV or van? We buy clean vehicles with less than 110,000 km. Call Nafta Trading 1-800-791-8120.

4 BUSINESS OPPORTUNITIES

TAKE CONTROL of your income and your future with a Watkins home based business. Training and support included. If committed and enthusiastic describes you, call 1-800-375-1114.

EARN A SECOND income \$500. - \$5,000. per month. Work from home. Call 1-888-236-0921; www.dreamssoeasy.com.

BUSY! Need winter work? Christmas Time is coming! Operate a Christmas Lite Franchise in your area. Starting from \$3995; <http://www.snowlites.com>. 1-204-383-5782.

DISTRIBUTORS WANTED for new automotive accessory product. Great product, great margins, great profits. No investment necessary. Email Len at blockhd@telusplanet.net.

EXCITING TRIPS! Recognition! Extra income! Join Balance Fashions, Canada's most successful home based clothing company featuring career and upscale casual wear, sizes XS to 3X. Full-time, part-time, or fun-time - no minimums! Toll free 1-866-452-7286; www.balancefashions.com.

CATAMARAN SAILBOAT Crewed Charter Company starting up on Westcoast. Summer operations-westcoast. Winter ops-Baja. Partners needed. Invest \$50K - 100K. Contact Don at 604-935-0040 or don_horner@telus.net.

GREAT CANADIAN DOLLAR STORE franchise opportunities. With more than 100 stores across Canada, we offer one of the most thrilling and affordable franchises to own. To learn more, visit our website: www.dollarstores.com or call toll free 1-877-388-0123.

LET US HELP you begin your own successful home business renting out Victorian style backdrops. Excellent extra income. Call 780-539-9941 or email: kbcowie@telusplanet.net.

ECHINACEA (ang.) Seedlings Sale. Special price \$0.12; volume discount \$0.10. Plant until Sept. 30, 2002. Seed available. Require Echinacea root for market. Toll free 1-866-665-1599.

MOST IMPORTANT DISTRIBUTORSHIP offered in Alberta. 25K investment with a potential return of six figures+ annually. \$500. billion market. Read meters, collect money. Turnkey, no competition. 1-800-213-2166.

4 BUSINESS OPPORTUNITIES

FROM \$10,000. to \$30,000. net profit or more per month. Will open a store in your area. Investment \$25,000. Call 1-877-860-9840.

OPTIONELLE FASHIONS launches their Women's FW Collection and we want to share it with you. Sizes 4 - 22, something for everyone! We are hiring. We offer generous hostess plan, fabulous marketing opportunity, training and more. Please call 1-800-783-0830.

6 EMPLOYMENT OPPORTUNITIES

FREE INFORMATION REVEALS Why Now Is The Time - International marketing group planning Nationwide roll-out of high demand product, looking for self motivated, outgoing, no fear to make serious wealth; www.exceloffice.net/the-grantteam or toll free 1-888-271-9975.

MOTORCYCLE MECHANIC. Licensed. Full-time. New shop. Excellent benefit package. Call Terry at 780-826-6121, T&T Power Sports, Bonnyville, Alberta.

WANTED FULL-TIME position - meat cutter. Wages and benefits depend on experience. Send resume to: Box 2559, Invermere, BC, V0A 1K0 or fax 250-342-6983 or phone 250-342-6919. Attention: Jim.

NOW IS THE TIME to enroll for powerboat, snowmobile, ATV mechanic training. One-year certificate program. Starts January, 2003. Residences, small classes. Fairview College, Fairview, Alberta, 1-888-999-7882; www.fairviewcollege.com.

ATTENTION: Zone 6 Metis! Dreaming of working in a trade? How about as a plumber-steamfitter/pipfitter? Pre-employment program funded by Zone 6 Metis Nation of Alberta. Starts September 30. Call Gerry toll free at 1-888-999-7882 ext. 695.

REV UP with recreational powersport mechanics. Hands-on one year certificate programs. Learn snowmobile, ATV, powerboat repair. Starts January, 2003. Fairview College, Fairview, Alberta, 1-888-999-7882; www.fairviewcollege.com.

R.D.H. BUSY 4 day practice team member in modern, professional office. Production bonus incentive. Resume: Dr. Lee Olsen, 4839 - 50 Ave., Vermilion, AB, T9X 1T5. Phone 780-853-4704. Fax 780-853-6814.

CONTRACTOR with mechanical equipment required to harvest 23,000 cubic metres of Softwood. Will consider stump-to-dump or leasing quota. Phone 204-689-2261, Wabowden, Manitoba.

JOCUS EDUCATIONAL TOYS! A Canadian company offering the most extensive collection of toys, games, puzzles, arts/crafts at the best prices. Have fun earning free toys, great commissions and bonuses. 1-800-361-4587 ext. 9335; www.jocus.com.

SUNSHINE VILLAGE SKI Resort, Banff, requires enthusiastic, well-presented, reliable guest service staff for all positions. Reply online application form www.skibanff.com or fax 403-762-6513. Email: sunshinehr@skibanff.com. Phone 403-762-6546.

6 EMPLOYMENT OPPORTUNITIES

MEATCUTTER/BUTCHER. Small abattoir east central Alberta. Full-time position. Phone or fax resumes to 403-577-2260. Attention: Steve.

TECHNICIANS - Looking for a change? How about beautiful BC? Required immediately. Qualified techs to join our busy automotive service team. Candidates must be skilled tradesmen willing to keep abreast of new technologies in the industry. Preference to those with transmission, drivability/electrical or diesel skills. We offer an attractive wage and benefit package and a clean, modern, state-of-the-art facility to work in. Located only 25 minutes from Vancouver. If interested in being a part of our team, please forward your resume via fax or email to: Motorcade GM. Attention: Service Manager, 30355 Automall Drive, Abbotsford, BC, V2T 5M1. Fax 604-857-5283 or email: servicemgr@motorcadegm.com.

REQUIRE Oil Haul Driver
For year round employment
or seasonal gravel hauling.
Ph. Don 724-3811

6 EMPLOYMENT OPPORTUNITIES

KINGLAND FORD, Yellowknife requires journeyman parts person. A large fast paced dealership, we are supplier to the diamond mines and require an individual who can work in a challenging environment. Kingland Ford provides remuneration of approximately \$70,000. plus an attractive benefits plan. Please submit your resume to: Fax 867-920-9201. Kingland Ford Sales Ltd., #20 Airport Road, Yellowknife, NT, X1A 3T2. Email: serviceyk@kinglandford.com.

AGRIVENTURE run by International Agricultural Exchange - Ages 18 - 30 with agricultural experience to live/work with family in Australia, New Zealand, Europe. Costs/details 1-800-263-1827 or www.agriventure.com.

WANTED: Heavy duty mechanic for shop in Northern Alberta. Call 780-523-5288, ask for Rick or fax resume to 780-523-5910. Wage dependent on experience.

6 EMPLOYMENT OPPORTUNITIES

INTERNATIONAL CO. EXPANDING. Put your PC to work at home. \$1500.+ part-time; \$3 - 5,000.+ full-time. Full training provided. Call today 1-888-202-7549 or visit us online www.idareyou2dream.com.

GM DEALERSHIP REQUIRES licensed automotive technician. Alignment and GM experience an asset. Benefits available. Contact Service Manager at 1-800-661-9920. Fax 780-594-2675.

RECON UTILITY SEARCH N.A. Inc. requires hydro-vac/vac truck/steamer operators. Please fax or mail resume along with driver's abstract to: Box 88, Hardisty, AB, T0B 1V0. Fax 780-888-2211.

DRUMHELLER CHRYSLER requires sales consultant. Competitive pay plan. Excellent benefit package. Requirements: Customer relation skills, retail sales experience, high motivation. Contact Armand Tessier 403-823-8898 or fax resume 403-823-8808.



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Call Roberta at 780-724-4929

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BONNYVILLE NOUVELLE Mondays - \$6.00 per week + GST

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6 EMPLOYMENT OPPORTUNITIES

EARN A SECOND income with a new career using your computer. Earn \$500. - \$5000. per month part-time, full-time. Work from home. Call 1-800-352-1668; www.yourdreamstown.com.

ACCEPTING APPLICATIONS for automotive parts personnel. Experience an asset. Competitive salaries and benefits. Possible advancement. Resume to WFS, Box 1418, Kindersley, SK, S0L 1S0. 306-463-4242.

DRUMHELLER CHRYSLER requires sales consultant. Competitive pay plan. Excellent benefit package. Requirements: Customer relation skills, retail sales experience, high motivation. Contact Armand Tessier 403-823-8898 or fax resume 403-823-8808.

EXPERIENCED PERSON to work with Special Needs teen on ranch, 45 minutes Southwest of Calgary. Monthly wage includes room and board. Call Jan 403-933-2867 or fax 403-933-2255.

AGRITRAC EQUIPMENT located in Westlock, Barrhead and Vegreville requires top individuals for the following positions: service advisor and writer (Westlock) journeyman service techs (all locations), territory salesperson. Please submit cover letter and resume in confidence to: AgriTrac Equipment Ltd., Attention: Michael Karczmarczyk, 11140 - 100 St., Westlock, AB, T7P 2C3. Fax 780-349-3308; michael@agritrac.ca.

BUSY PLUMBING/HEATING business in Central Alberta requires full-time journeyman or 4th year plumber/gasfitter immediately. A/C experience an asset. Refrigeration mechanic needed. Please fax resume to 403-742-1609.

SHEET METAL MECHANIC required for Central Alberta business. 3rd year to journeyman. Fax resume to 403-638-3678.

6 EMPLOYMENT OPPORTUNITIES

CARDINAL COACH LINES - Mechanics - Keep us on the move throughout Alberta. Join the Cardinal Team and discover the satisfying rewards of a career in fleet vehicle maintenance. Cardinal has career opportunities for mechanics willing to relocate to communities in which we operate throughout Alberta. Working with Cardinal Coach Lines means leaving the frustrations of repairing poorly maintained vehicles behind. It means using your talents to keep our fleet of motor coaches and school buses in top operating condition. It means that you are a self starter and perfectionist in your trade who will enjoy your independence while working with our high quality maintenance program. You are an experienced journeyman heavy duty or automotive mechanic with bus/truck experience. Air brake and air suspension experience would be a definite asset. We offer excellent job security and working conditions including rates for top notch individuals, a complete medical plan, tool allowance and challenging year round full-time day shift employment. Interested? Please fax your resume with references to: Gordon Moore, 403-230-0860.

PERMANENT FARM HELP for farm duties, including calving/feeding herd of purebred cows. Modern facility, bachelor accommodation. Prince George area. P.O. Box 1235, Prince George, BC, V2L 4V3. Call 250-614-9598. Fax 250-564-2443.

T.M. MINARD TRUCKING Ltd. an international carrier, specializing in all aspects of open-deck freight, is seeking professional owner/operators to pull company/owned flat-decks and step-decks. Supplied licence and insurance, fuel cards as well as permits and tolls paid. Call 1-877-842-3288.

6 EMPLOYMENT OPPORTUNITIES

GENTLE, CARING dental hygienist needed for progressive, fun dental office, 35 minutes South of Edmonton. Bonus program, no evenings or weekends. Call 1-780-352-5113 or fax 1-780-352-7399

ARNOLD BROS. Transport Ltd. owner operators singles and teams needed! To service our regular traffic lanes to Western Canada and the U.S. some regular team runs available. Competitive rates. Paid licence and insurance. Paid satellite, tolls and workers comp. Fuel cap - company drivers needed. Singles and teams to service our regular traffic lanes to Western Canada and the U.S. Competitive rates. Late model assigned units. 1-800-567-3656.

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BE A SUCCESSFUL writer. Write for money and pleasure with our unique home-study course. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Send today for our free book: 1-800-267-1829. Quality of Course, 3815 - 38 McArthur Ave., Ottawa, ON, K1L 6R2.

20 WEEK ENVIRONMENTAL Reclamation Program, Drumheller, Alberta. Date: November 18, 2002 - April 25, 2003. Call Olds College Extension Services, 1-800-661-6537 ext. 7956 or 403-507-7956 or www.oldscollge.ab.ca.

PHARMACY TECHNICIAN PROGRAM. Thompson Career College, Kamloops, BC. ACCREDITED - Students graduate job ready! March and September starts. Call toll free 1-877-840-0888. Register online: www.tcc.kamloops.net.

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CAREER OR UPDATE Skills. 91% of our career grads are employed in their field of training. Our accelerated learning may save you money. Ask us about our 1 day free trial and our satisfaction guarantee. Take a course or a certificate program in a fast-paced, high-quality, smaller classroom setting. Columbia College (Calgary) programs include: Criminal Justice, Information Technologies Technician (A+, Network+), Information Technologies Specialist (MCSE, MCDBA), Business Management, Work Experience, Office Administration, Education Assistant, Academic Upgrading, Dental Assistant, English As a Second Language. Student loans and employment insurance support may be available. Employment services provided. Limited seating, classes starting soon - call today 403-235-9300 or toll free 1-888-235-9370; www.Columbia.ab.ca.

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7 ENTERTAINMENT & EVENTS

The Vilna Sacred Heart Parish cordially invites you to our SEVENTY-FIFTH ANNIVERSARY CELEBRATION - October 5, 2002. Mass at 4:00 pm. Main celebrant Bishop Luc Bouchard. Concelebrated by Father E. Croteau and former priests. Supper and program to follow at the Vilna Cultural Centre, \$15 / person, rsvp to Jan at 780-636-2061. Sept17

ANTIQUA SALE, Sportex Building, Northlands Park, Edmonton. Saturday, Sept. 21, 9 - 5 p.m. and Sunday, Sept. 22, 10 - 5 p.m. 60 top antiques and collectible dealers from across Canada. Excellent quality, super variety. Admission \$5. Information: 1-800-667-0619 or antiqueshowscanada.com.

CATTLE RAFFLE! Draw Date: January 25, 2003. Win 20 bred heifers (approx. \$26,000.) 5 cash prizes \$1,000, 2,200 tickets, \$50. each. Write: Nanton Minor Hockey c/o Doug McDonald, Box 754, Nanton, AB, T0L 1R0. License #196797.

WIN \$250,000. fully furnished Dream Home or other dreamy prizes! Only 5000 tickets. Tickets \$100./each. Hospitals DreamLife Lottery. Call 1-866-75-DREAM (37326). Get yours today. Licence #196932.

YOU'RE ONE IN A MILLION Womens Conference, Oct. 10 - 12. Word of Life, Red Deer. Bobbi Houston! Holly Wagner! Specialized venues! Register/information 403-343-6570. Toll free 1-877-343-2063; www.wordoflife.ca.

8 FEED & SEED

HAY FOR SALE - Round bales. Greenfeed mix, no rain. \$169.00 / ton. First cut young alfalfa. No rain. \$189.00 / ton. Phone evenings 403-507-8823, no Saturday calls please. Sept24

LARGE GREEN FEED and hay. JD hardware 1400 - 1500 lbs. Shipping from Yorkton, Saskatchewan. 403-350-5027.

FEED COST EFFECTIVE ALFA-TEC hay cubes from Legal Alfalfa Products Ltd. Economic and nutritional advantages for horses. Telephone 1-877-253-2832. Website: www.alfatec.ca. Some distributors are required.

HEATED CANOLA and flax wanted. Also buying wheat, oats and barley. Heated, light, frozen or damp accepted. "On farm pick-up". Westcan Feed and Grain toll free 1-877-250-5252.

OAT STRAW and wheat straw for sale. Phone Roger 403-742-6068 or Larry 403-574-2184.

OATS & PEAS WANTED

ON FARM PICKUP
Immediate Payment.
Toll Free 866-349-2056

9 FOR RENT

FOR RENT - 3 bedroom mobile home on acreage, 2-1/2 miles NW of Elk Point. All appliances. Call Al at 724-3026. xxx

FOR RENT - 2 bedroom suite in 4-plex. All appliances, references required. Call Al at 724-3026. xxx

LOOKING FOR PROFESSIONALLY EMPLOYED FEMALE - To share house. Phone 724-4529. Sept17

FOR RENT - 12 miles south east of Elk Point on Hwy. 640. 2 bedroom home. Phone 780-853-5191. Sept17

FOR RENT - Older two bedroom house in Elk Point. Stove and fridge included. Phone (780) 853-2038 or 780-853-7761. Sept17

ACREAGE HOUSE FOR RENT - 2 miles from Elk Point. For more information call 724-4058 evenings. Sept24

9 FOR RENT

FOR RENT - Executive lakefront 2 bedroom, Lower Mann Lake. Furnished or unfurnished. References required. \$600.00 / month includes heat & power. Phone Brent 780-486-8264. Oct1

MOBILE HOME FOR RENT - 10 miles west of St. Paul. Appliances included. \$650 / month, \$600 d.d. No pets! Call 645-2390 evenings only. Oct1

300 ACRE MOUNTAIN TOP Retreat, Galiano Island, BC. Spectacular view. Beautifully furnished, solar powered, 3 bedroom, 3 baths, \$1,100/month. Nov. 15 - March 31. Utilities, telephone and TV included. 604-649-7997 or vwandewint@yahoo.ca.

10 FOR SALE

NORDIC TRAC WORLD CLASS STRENGTH TRAINING GYM - And ski machine (has oak frame). Rarely used. Call 645-5398. Sept17

WASHER, DRYER - Fridge, stove, deepfreeze, 1 week guarantee. \$250.00 each. Kerosene heater and snowblower. Phone 614-0894. Sept17

FOR SALE - New River Edge self-climbing tree stand and new climbing sticks. Will sell separately. Phone 724-4609 after 6:00 pm. xxx

STOP SEPTIC effluent drainfield freeze-up with the TERMINATOR Insulated Drainfield Chamber for superior effluent treatment and disposal. Canadian-made, certified, economical. Call Beaver Plastics 1-888-453-5961.

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ADD ON A wood furnace to your existing oil, gas or electric furnace. Save dollars this winter. For nearest dealer, 250-493-7444. Email: vcsales@vip.net or www.valleycomfort.com.

BLAZE KING wood stoves. Efficiencies to 82.5%. Thermostatically controlled, long burn times up to 40 hours. For nearest dealer, 250-493-7444. Email: vcsales@vip.net or www.blazeking.com.

1999 SRI REGENT, Custom Niagara, 56 X 16. Only lived in for 6 months. To be moved. 403-368-2388, Rumsey, Alberta.

10 FOR SALE

STEEL BUILDINGS. Go direct and save! Beat next price increase. 20 X 20 \$2,980.; 25 X 30 \$4,200.; 25 X 40 \$5,700.; 30 X 40 \$6,700.; 32 X 50 \$9,800. Many others. Pioneer 1-800-668-5422. Since 1980.

TREES CHEAP INC. Two year old Colorado Blue Spruce \$3.99 each. Native Alberta Spruce \$2.99 each. 10 minimum. Free shipping anywhere. 1-800-993-2582. Fall best time to plant.

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SPRUCE AND LARCH trees. 2' - 6'. Transplanting season again! Don't be disappointed order now! Prices from \$4. on volume orders. Discount Tree Sales, phone 403-722-4144; 403-556-4450.

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STOP PAYING RENT. Own for less. New homes from \$300. per month, only 5% down O.A.C. Call Joyce or Dale at Cross Country Homes, 1-800-470-5444; www.crosscountry-homes.ca.

SHOW HOME CLEARANCE Sale. Immediate delivery, selection of modulars, 20, 16 wides. Variety of floorplans and options. Delivery, setup included. 5% down. Jandel Homes, 1-800-463-0084; www.jandel-homes.com.

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review CLASSIFIEDS

10 FOR SALE

WHY WAIT stock available for immediate delivery. 18' and 20' wide. Stardust Properties, Lloydminster, 1-306-825-5211. Offering Ridgewood Manufactured Homes. Next to Denham Chrysler.

13 LIVESTOCK

1PUREBRED & PERCENTAGE SALEERS BULLS - Tan, Black, Red, Polled & horned, free delivery. Great on heifers, awesome on cows. Scattered Spruce Sales. Phone 780-768-2284. xxx

8 BRED POLLED HEREFORD HEIFERS - Females. Phone 726-3751, Lakes Ranch. xxx
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16 MISCELLANEOUS

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17 NOTICES/LEGAL

1NOTICE TO Bin Anchor purchasers from United Farmers of Alberta Farm Supply Stores. Bin Anchors purchased from U.F.A. farm outlets during the summer of 2002 under the name "Evertight Fence Anchors" are not Evertight Anchors. Such anchors have not been manufactured by Evertight and Evertight will not be responsible for any insurance claim or guarantee. Evertight is not aware if the said anchors sold by U.F.A. have been properly tested or approved by insurance companies.

18 PERSONAL

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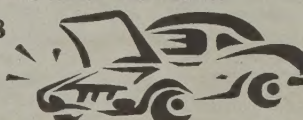
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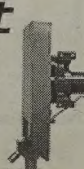
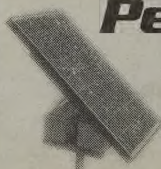


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